

Fresh & Healthy

Idaho WIC authorized
food list



SUPPLEMENTAL NUTRITION PROGRAM
FOR WOMEN, INFANTS & CHILDREN

Effective October 1, 2015
to September 30, 2016

Buying, selling or otherwise misusing WIC benefits is a crime. To report suspected abuse, call 800-424-9121 or visit www.usda.gov/oig/hotline.htm.

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

For more information on the Idaho WIC program, call the Idaho CareLine at 2-1-1 or 1-800-926-2588, 1-208-332-7205 (TDD).

www.wic.dhw.idaho.gov

Helpful Hints

shopping for WIC foods

- You will need your WIC Identification Folder every time you use a WIC check or Cash Value Voucher at the grocery store.
- Choose WIC-approved foods in the amounts listed on your WIC checks or Cash Value Voucher.
- Separate WIC foods from other items you are buying.
- Keep each WIC check's or Cash Value Voucher's food separate.
- Hand your WIC check(s), Cash Value Voucher and WIC Identification Folder to the cashier when you arrive at the checkstand.
- Sign the WIC check or Cash Value Voucher **after** the cashier writes the amount of the purchase on the WIC check or Cash Value Voucher.
- Do not accept cash back or rainchecks.
- If you have problems finding WIC foods, talk to the manager about the store's delivery schedule.



Fruits and vegetables



Buy

Any variety whole or cut fresh fruit and vegetables, including organic.

Do Not Buy

Items from the salad bar, party trays, fruit gift baskets, decorative vegetables and fruits, herbs, spices, nuts. Jarred, frozen, canned, dried. Added ingredients, non fruit/vegetable items.

Quick tips

When buying fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale.
- Round the weight to the nearest pound or half pound.
- Estimate the cost based on the Chart for Purchasing Fresh Produce.
- You may also buy items with a set price.
- If you go over the amount of the voucher when using a Cash Value Voucher, you may put something back or pay the difference plus tax. If you do not use the full amount of the voucher, you will not receive cash back.

Enjoy a variety of fruits and vegetables every day

Fruits and vegetables

Chart For Purchasing Fresh Produce

Price per lb	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.28	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16



Enjoy a variety of fruits and vegetables every day

Cereal

Cereal

Buy

Only the cereals pictured here in the amount printed on check.



Plain flavor only*



Plain flavor only*



Plain flavor only*



Plain flavor only



Plain flavor only



Plain flavor only



Plain flavor only*



Cinnamon only*



Honey Roasted only*



Plain flavor only*



Banana Nut Crunch*



Plain flavor only*

* Whole grains

Do Not Buy

*Cold cereal: less than
12 oz packages*



Enjoy a variety of whole grains

Cereal

Buy

Only the cereals pictured here in the amount printed on check.



Plain flavor only*



Plain flavor only



Plain flavor only*



Original only



Original only*

* Whole grains

Do Not Buy

Hot cereal: less than 11.8 oz packages

Choose any combination of WIC cereal to total 36 oz or less, such as:

$$\begin{array}{ccccc} \boxed{11.8} & + & \boxed{11.8} & + & \boxed{12} & = & 35.6 \\ \text{oz} & & \text{oz} & & \text{oz} & & \\ \text{(hot)} & & \text{(hot)} & & & & \end{array}$$

$$\begin{array}{ccc} \boxed{18} & + & \boxed{18} & = & 36 \\ \text{oz} & & \text{oz} & & \end{array}$$

$$\begin{array}{ccc} \boxed{15} & + & \boxed{21} & = & 36 \\ \text{oz} & & \text{oz} & & \end{array}$$



Enjoy a variety of whole grains

Whole grains

Whole wheat pasta

Buy

Any brand, dry, 12 to 16 oz box or bag, 100% whole wheat only.



Do Not Buy

Added seasonings, ingredients, flavors, organic, refrigerated, frozen, bulk.

Brown rice

Buy

Any brand brown rice. Plain, short, medium, long grain. 14 to 16 oz bag. Bulk allowed.



Do Not Buy

Added seasonings, ingredients, flavors, boxed, organic.



Enjoy a variety of whole grains

Whole grains

Whole wheat bread

Buy

Any brand 16 oz loaf, 100% whole wheat, must say “100% whole wheat” on the label.

Do Not Buy

Specialty, organic, light or “lite”.



Whole wheat and soft corn tortillas

Buy

Only the brands of tortillas pictured below. 12 to 16 oz.



Ortega
Whole Wheat



Mission
Whole Wheat



Don Pancho
Whole Wheat



Guerrero
White Corn



Mission Yellow Corn
Extra Thin



La Burrita
Soft Corn



Casa Valdez
Soft Corn



Enjoy a variety of whole grains

Peanut butter, dry beans, peas, lentils

Peanut butter

Buy

Any brand of 16 to 18 oz smooth to super crunchy.



Do Not Buy

Spreads, honey roasted nut, bulk, organic, reduced fat, omega-3.

Dry beans, peas, lentils

Buy

Any brand bagged or bulk plain dried beans, peas, or lentils to total 16 oz or less. Canned beans only if printed on check.



Do Not Buy

Added grains, flavoring, organic, soup mix.

Quick tips

- Adding one meal/week with beans as the protein source can help your family save money.
- Soak dry beans prior to cooking.
- Cover 1 pound beans with 6 cups water, soak overnight, discard soaking water.



Enjoy iron-rich foods

Juice

Buy

Juice for women

100% juice listed below in 11.5 oz or 12 oz frozen concentrate.



All flavors



All flavors



All flavors with dark green lids



Orange Juice

Any brand

Juice for children

100% juice listed below in 64 oz plastic bottles.



Original and low sodium



Purple and white grape



All flavors



Orange Juice

Any brand



Langer's apple and pineapple



All flavors with green lid

Do Not Buy

Cider, organic, refrigerated, added fiber, reduced sugar.

Enjoy small amounts of juice and limit sweetened drinks

Dairy

Milk

Buy

Any brand pasteurized, unflavored cow's milk in type and container size printed on check.



Buy only if printed on check: evaporated, powdered, lactose reduced/free, goat's milk, soy milk/beverage.

Do Not Buy

Organic, unpasteurized, specialty, rice, almond, UHT (shelf stable), powdered goat's milk.

Cheese

Buy

*Any brand of 16 oz (1 lb) pasteurized domestic natural, regular or low-fat, unsliced vacuum-packed cheese pictured below. **Blends of single cheeses allowed.***



Cheddar
(mild, medium or sharp)



Colby-Jack



Swiss



Monterey Jack



Mozzarella String Cheese
(16 oz multi-stick bag
of Mozzarella only)



Mozzarella

Do Not Buy

Extra sharp or white cheddar, unpasteurized, shredded, cubed, deli, organic, cream, flavored, cheese foods or spreads, added ingredients, 8 oz, 32 oz.

Enjoy a variety of low-fat dairy products

Yogurt

Buy

Only the brands and flavors listed in 32 oz containers.

Whole yogurt for children 1-2 years



Dannon
All Natural Plain



Mountain High Original
Plain or Vanilla



Nancy's
Plain Honey

Reduced fat for all other participants



Any brand



Dannon
All Natural
Vanilla



Mountain High
Vanilla



Nancy's
Vanilla



Yoplait Original Vanilla,
Strawberry, Peach or
Strawberry Banana

Do Not Buy

Organic, Greek, single serving containers.

Eggs

Buy

Any brand FDA-approved small, medium or large white chicken eggs in cartons of 12.



Do Not Buy

Specialty (e.g., organic, cage free, omega-3 added).

Enjoy a variety of low-fat dairy products

Infant foods

Buy

8 or 16 oz Gerber or Beech-Nut cereal, any grain.

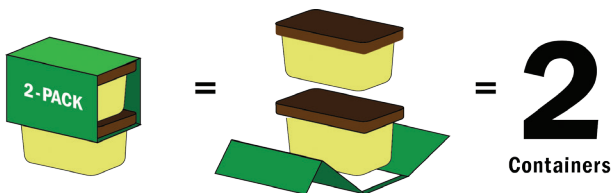


Do Not Buy

Added fruit, formula, organic, cans, jars, DHA/ARA.

Buy

Any plain or mixed fruit and vegetables in 3.5 to 4 oz Gerber or Beech-Nut Classics containers.



Do Not Buy

Added ingredients, organic, DHA/ARA, desserts, pouches.

Breastfeeding nourishes babies in many ways

For 100% breastfeeding mothers and babies

Tuna/Salmon

Buy

Tuna: any brand 5 oz chunk or light canned in water or oil.

Salmon: any brand 5 oz pink canned.



Do Not Buy

Tuna: fresh, smoked, albacore, white, fancy white, snack packs, gourmet, organic, flavored, pouches.

Salmon: fresh, Atlantic salmon, red Atlantic sockeye salmon, snack packs, organic, flavored, pouches.

Infant Meats

Buy

2.5 oz Gerber or Beech-Nut. Any variety of meat. Added broth/gravy allowed.



Do Not Buy

Dinners. Added fruit, vegetables, or noodles. DHA/ARA, organic, sticks.



**Remember, if the brand is not listed,
you can help WIC by
choosing the lowest cost foods!**



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

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